LOWEST RATES EVER!
LIMITED TIME OFFER!
CALL 613.699.0029
JOIN NOW – ENJOY SPECIAL PRE-OPENING MEMBERSHIP RATES.
orangetheory FITNESS | KEEP BURNING
• BURN 500+ CALORIES IN 60 MINUTES*
• KEEP BURNING CALORIES FOR UP TO 36 HOURS*
• COACH-LED GROUP WORKOUTS
• FOR ALL FITNESS LEVELS
FIND OUT MORE AT ORANGETHEORYFITNESS.COM
New Studio at 1445 Merivale Rd.

LIVE 88·5fm
90,000 WATTS
LISTEN NOW!

Ottawa metro

Your essential daily news | MONDAY, MARCH 20, 2017 | High 5°C/Low -2°C Cloudy

MORE LIFE

WHERE'D J-LO GO?
And other questions about Drake's new album
metroLIFE

Protection vs. a weapon

ABDIRAHMAN ABDI CASE

'Assault gloves' at heart of officer's assault charge

Dylan C. Robertson
For Metro | Ottawa

In light of suggestions that an Ottawa police officer's use of reinforced gloves was a key consideration in serious charges brought against him, there are now questions over how much liability officers have for the equipment provided to them.

Const. Daniel Montsion was charged last week with manslaughter, aggravated assault and assault with a weapon in the controversial July death of Abdirahman Abdi. According to media leaks, the weapons charge is related to the officer's use of "assault gloves" which are reinforced with carbon fibre over the knuckles.

Bruce Chapman, president of the Police Association of Ontario, which represents low- and mid-rank officers across the province, said many were surprised to hear a glove they use to avoid knives and syringes could be deemed a weapon.

"It's a form of protection for their hands; that's the purpose of the glove," he said. "Where is the line, and how is it drawn, that a piece of equipment that's used to protect an officer is considered a weapon?"

Ontario's community safety ministry regulates weapons used by police forces, and said that gloves and other protective equipment aren't classified as weapons, so they're not part of the use-of-force training required every 12 months.

Paul Lewandowski, a prominent criminal defence lawyer, said these gloves can be used to smash open windows and guard police from bullets.

"Any officer is allowed to use force to effect an arrest. But of course they have to be acting with lawful authority," he said.

Lewandowski said anything can be considered a weapon under the Criminal Code, which explicitly states: "weapon means any thing used, designed to be used or intended for use" to injure, kill or intimidate someone.

"A gun fits that, a knife fits that," he said, "but basically anything designed or intended for use to injure someone."

Prime Minister Justin Trudeau waves to the crowd as he walks with his daughter Ella-Grace during the annual St. Patrick's Day parade in Montreal, Sunday.
THE CANADIAN PRESS

PRE-BUDGET MARCH

Trudeau's Liberals will present the budget this week in an economic climate that's far from typical metroNEWS

Interested in obtaining a Graduate Diploma?

15 CREDITS/5 COURSES IN THE FOLLOWING FIELDS:
• Couple Counselling
• Public Ethics
• Spiritual Mentorship
• Supportive Care in Palliation

APPLY NOW!
Scholarship worth $1,500*
*Certain conditions apply.

UNIVERSITÉ SAINT-PAUL UNIVERSITY
ustpaul.ca
223 Main Street, Ottawa ON
613-236-1393 | 1-800-637-685

$1,800 WEIGHT LOSS GRANT

Do You Have More than 20 lbs to Lose?

Valid For Most Weight Loss Programs

- Apply Now - Acceptance is Guaranteed!

- No Cost or Fee to Apply
- Approval within 48 Hours
- Thousands Paid Monthly!
- See Website for Application Deadline.

www.weightlossgrants.org

Recent Grant Recipients:

Holly Williams, Oshawa, ON, $1800 - Andrea Rewutzsky-Gardin, Brooklin, ON, $1016 - Karina Perez, Mississauga, ON, $1,209 - Sandra Feliz, Newmarket, ON, $980 - Linda Galluccio, Vaughan, ON, $1,631 - Krystina Marolias, East York, ON, $1,328 - Robin Turner, Ajax, ON, $613 - Elisha Lee, Toronto, ON, $731 - Haji Makki, Kleinburg, ON, $980 - Wendy Reardon, Scarborough, ON, $1,585 - Barbara Birch, Sicamous, BC, $955 - Deborah Sproule, Mission, BC, $960 - Jenny Bailey, Okotoks, BC, $600 - Ann Rusch, Williams Lake, BC, $1,690 - Theresa Kitt, Kamloops, BC, $1,440 - Larry Bowhay, Calgary, AB, $1,055.

Please visit www.weightlossgrants.org for full Guidelines, Terms & Conditions.

metro NEWS
Your essential daily news

Canadian teacher wins $1M global award for teaching excellence. **Canada**

Civic sign needs a saviour

HERITAGE

Enthusiasts want to rescue colourful landmark

Ryan Tumilty
Metro | Ottawa

The Civic Pharmacy sign is an Ottawa Icon and has been on the side of the building at Carling and Holland since 1959. RYAN TUMILTY/METRO

An iconic Ottawa sign could be operating on borrowed time as the building it's attached to is up for sale.

The Civic Pharmacy building on the corner of Carling and Holland is on the market for $3.36 million. The building has stood on the corner since 1959, and the pharmacy sign was one of the featured attractions when it opened.

Most Ottawans will recognize the sign: five multicoloured boxes — which at one point rotated — sitting at staggered heights on pedestals, emblazoned with black letters spelling out C-I-V-I-C.

Local blogger Andrew King wrote about the sign on his site Ottawa Rewind earlier this month. He said the sign is an example of Googie architecture, which is becoming harder to come by.

"Googie architecture is a style of modern futurist architecture that evolved through the Atomic Age of the 1950s and 1960s culture, with jets, and the space-age being inspiration to its style," King wrote.

> It should find a home where people can see it, but we can be imaginative about where it might end up. Leslie Maitland

Leslie Maitland, co-chair of Heritage Ottawa, said the building itself is just OK, but the sign has to be preserved.

"It's an OK example of mid-century modern, but the sign is an Ottawa icon," she said. "It's very representative of that era, think of the '60s and the Bond films."

Maitland said seeking a heritage designation for the building, just to save the sign, might be an overstep.

"It seems like using a cannon to swat a fly," she said.

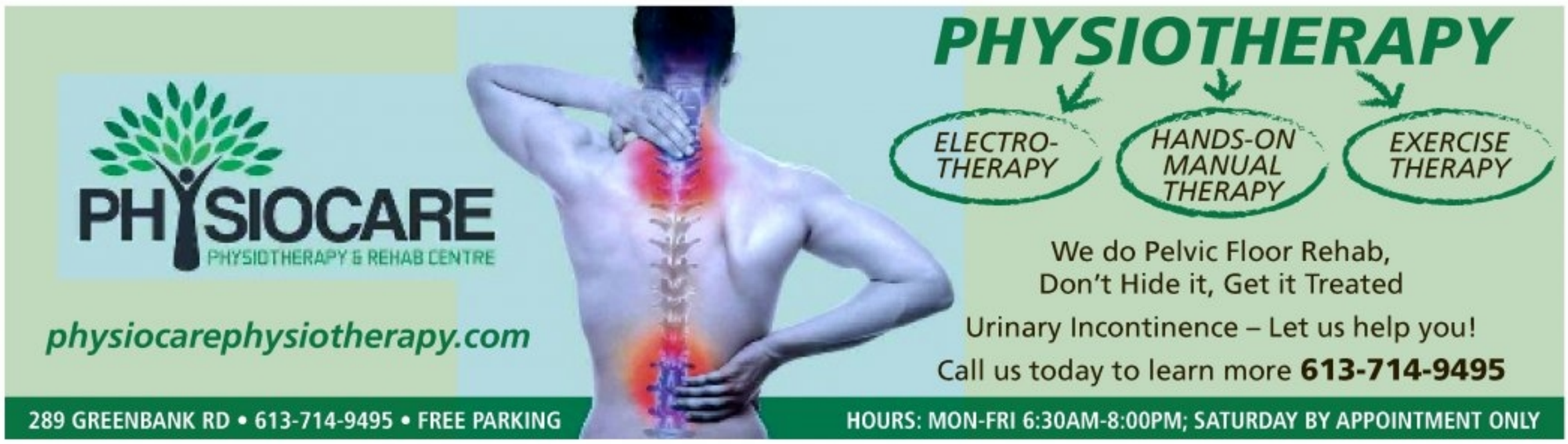
She said the sign needs to be protected, but that doesn't mean the building itself has to stay.

"It should find a home where people can see it, but we can be imaginative about where it might end up."

Maitland suggested the Ottawa Art Gallery could be a home for the sign, but said there are a lot of possibilities to preserve the sign if it needs to be saved.

"It could find a home anywhere all over the city, which is a really fun thing to consider." she said.

Metro attempted to interview the realtor of the building and building owners, but our interview requests were not returned.


PHYSIOCARE
PHYSIOTHERAPY & REHAB CENTRE
physiocarephysiotherapy.com
PHYSIOTHERAPY
ELECTRO-THERAPY
HANDS-ON MANUAL THERAPY
EXERCISE THERAPY
We do Pelvic Floor Rehab,
Don't Hide it, Get it Treated
Urinary Incontinence – Let us help you!
Call us today to learn more 613-714-9495
289 GREENBANK RD • 613-714-9495 • FREE PARKING
HOURS: MON-FRI 6:30AM-8:00PM; SATURDAY BY APPOINTMENT ONLY

Drone users don't feel grounded

AIRSPACE

Transportation minister announces new rules

Ryan Tumilty
Metro | Ottawa

Ottawa drone users say new rules the federal government introduced last week won't ground them.

Transportation Minister Marc Garneau introduced the new rules at an event at Toronto's Billy Bishop Airport last week, saying it was time to regulate drones so they don't interfere with airplanes.

"I take very seriously the increased risk to aviation safety and to people on the ground caused by drones," he said in a statement.

Garneau said the government wanted to make the changes before a drone hits an airplane and causes a catastrophe.

"That's the kind of nightmare scenario that keeps me awake at night as your transport minister," Garneau said.

People who want to fly a drone should follow rules, just as pilots do when operating a plane, Garneau said.

"If you are a pilot, you have very strict rules that you have to work by, so it is also important that we establish strict rules for other unmanned objects that are going to go into the airspace, because they are going to be sharing the airspace," Garneau said.

The new rules prevent drones from flying higher than 90 metres, at night or within 75 metres of buildings or people. They are also prohibited from flying within nine kilometres of an airport.

People caught abusing these rules can face fines of up to $3,000.

The rules don't apply to drones being used for commercial or scientific purposes, which are covered under different regulations. The government put the rules in place immediately and will spend the next year considering changes.

David Cormier, a drone user and co-founder of FPV Ottawa, said the new rules are tight but there is still room for drone users to fly.

"They're restrictive, but it needs to be regulated," he said. "There needs to be some sort of system."

FPV Ottawa, which focuses on drones that users operate by looking through a set of goggles, has both an outdoor and an indoor facility.

He said their outdoor facility flies within all of the new rules.

"We are now a safe and legal place to operate drones in the Ottawa area," he said.

Cormier said drones have definitely seen growth and are more sophisticated than when they first appeared, but he said more than anything it's the explosion of interest.

"I don't know if it's the technology or the number of people using them now."

He said the new rules might mean that instead of flying drones in their neighbourhood park, users have to take their hobby somewhere else.

But he argues there is some benefit to that.

"Forcing people to come to zones that are safe, insured, regulated is a good idea."

WITH FILES FROM THE CANADIAN PRESS

"They're restrictive, but it needs to be regulated."
David Cormier

Transport Minister Marc Garneau announces new safety restrictions on recreational drones at Billy Bishop airport in Toronto on Thursday. The new rules prohibit flying drones at night or within 75 metres of buildings or people. FRANK GUNN/THE CANADIAN PRESS

LEARN FRENCH FOR FREE!
Cours de langue pour immigrants au Canada (CLIC)
Conseil des écoles publiques de l'Est de l'Ontario
435 Donald Street, Ottawa, ON, K1K 3M7
Monday to Friday: 9 AM to 12 PM and/or 12:30 PM to 2:30 PM
Call 613-731-7212 or visit
carrefour.cepeo.on.ca for more information
LE CARREFOUR

WORKPLACE SAFETY

Worker injured in LRT tunnel

A worker was injured Saturday during construction of the Confederation line tunnel downtown.

Ottawa Fire Services were called to a tunnel entrance near Kent and Queen Street and initially deployed a full technical rescue team based on where the injured person was, but once they arrived found that wasn't necessary.

Ottawa Fire said the initial report was that the worker was severely injured.

Peter Lauch, technical director of the Rideau Transit Group, said the worker was able to get out of the tunnel under their own power.

"The worker walked out of the tunnel of his own volition and has been taken to the hospital to be assessed," he said in a statement.

In November, fire services had to respond to the tunnel when three workers became trapped on a scissor lift during a construction accident.

The tunnel for the Confederation line is 2.5 kilometres long.

The entire line is scheduled to be completed in 2018.

RYAN TUMILTY/METRO

"The worker walked out of the tunnel of his own volition."
Peter Lauch

IN BRIEF

Transit union warns riders of strike on Tuesday

The union representing Gatineau transit workers is warning the public that its members plan to be off the job on Tuesday.

A Sunday afternoon post on the Facebook page of local 591 of le Syndicat uni du transport said that rolling strikes, which began last Thursday after mediated talks between the union and the Société de transport de l'Outaouais (STO) broke down, were set to resume Tuesday.

Negotiations to renew the union's contract, which expired in December 2014, have focused on overtime and retirement pay.

METRO

The Senators-Canadiens outdoor Heritage Classic is scheduled for Dec. 16 at TD Place stadium, and will mark 100 years of the NHL. CONTRIBUTED

A breath of fresh air for tourism board

CANADA'S 150TH

High hopes for outdoor NHL Heritage Classic Dec. 16

Years of lobbying for an outdoor NHL game in Canada's capital, coinciding with the country's 150th anniversary, came to fruition Friday when league commissioner Gary Bettman officially announced that the Ottawa Senators would host the Montreal Canadiens at Lansdowne Park on Dec. 16.

And that has the Ottawa Tourism Board ecstatic.

"(An outdoor NHL game will) be another addition to the incredible array of those big events ... that are changing the way people think about Ottawa," Ottawa Tourism CEO Michael Crockatt said.

The impact on the city's tourism sector goes beyond the direct spending by out-of-town visitors, Crockatt said. The city gains exposure from the broadcast of the event, while attendees will typically publish photos and videos talking about their experiences in Ottawa.

Those testimonials are "the difference maker" in tourism marketing, Crockatt said.

The game will cap off a year of celebrations marking Canada's 150th anniversary and completes the "Triple Crown" of major events — which also includes next month's Juno Awards and the Grey Cup — sought by Mayor Jim Watson and Ottawa 2017 organizers.

Ottawa Tourism is already leveraging events such as this month's Red Bull Crashed Ice tournament to attract future visitors. Tourism officials invited meeting planners, tour operators and travel writers to Ottawa for the event, which featured competitors racing down an ice-covered course built on the Rideau Canal locks, and then showed them what else the city had to offer visitors, Crockatt said.

> **To launch our next 100 years, we believe it's only right to bring the Senators and Canadiens back together.** Gary Bettman

Plans for an outdoor 2017 NHL game in Ottawa have been in the works for years.

But this year has special historic significance as it marks the 100th anniversary of the modern-day NHL. On Dec. 19, 1917, the Senators and Canadiens squared off for one of the league's opening night games.

"That night launched 100 years of NHL hockey," Bettman said Friday. "To launch our next 100 years, we believe it's only right to bring the Senators and Canadiens back together."

Many hoped the game would take place on Parliament Hill, a backdrop that would have allowed for "once-in-a-lifetime" photographs, Bettman conceded earlier on Friday during a breakfast event with the city's business community.

But constructing a facility from scratch, rather than using existing infrastructure, would have made it astronomically expensive, the NHL commissioner said. Echoing the federal government's objections, Bettman said logistical obstacles such as security made a game on Parliament Hill impractical.

Bringing the game to Lansdowne Park required the cooperation of Ottawa's two major sports institutions: Senators Sports & Entertainment and the Ottawa Sports and Entertainment Group, which owns the RedBlacks, 67's and Fury and led the redevelopment of Lansdowne Park.

Bettman also weighed in on the plans to redevelop LeBreton Flats, which is expected to be led by the Senators and include a new NHL arena.

"I think it would be awesome," Bettman said. "Having a downtown arena fits life in 2017 more than a suburban arena."

Additional details about ticketing and how TD Place will be transformed into an open-air hockey arena will be released in the coming months, the NHL said. PETER KOVESSY/ OTTAWA BUSINESS JOURNAL

DOWNLOAD METRO'S NEW APP NOW
OFFLINE READING
•LOCAL NEWS • VIEWS
•LIFE • SPORTS
>>>

NOW HIRING GREAT CONTACT CENTRE OPPORTUNITIES!
Call Centre Representatives
• Guaranteed hourly wage
• Daily and weekly performance bonuses
• Paid every Friday
• New State of the Art Call Center
• Located in Downtown Ottawa near Gatineau
• Advancement opportunities
• Full time and Part time available
• 20 Full-Time & 10 Part-Time Positions Available
iMARKETING
FLUENT ENGLISH IS A MUST!
Contact Keith O'Connell
Phone: 1-800-210-8579 ext. 291
Email: keith.oconnell@imkgp.com

TRAIN FOR A CAREER IN
HEALTH CARE!
✔ Fitness and Health Promotion
✔ Medical Office Assistant
✔ Medical Lab Technician
✔ Personal Support Worker
✔ Pharmacy Technician
CLASSES STARTING SOON
CONTACT US TODAY
613-722-7811
ALGONQUIN CAREERS ACADEMY
1830 Bank St, at Walkley station
www.algonquinacademy.com

LEGISLATION

Bill aims to hold elevator contractors to task

Maintenance contractors would be held responsible for getting broken-down elevators up and running in relatively short order under proposed novel legislation in Ontario that seeks to address what some have deemed a crisis.

The legislation, which also calls for changes to the provincial building code, is expected to be introduced on Wednesday by Liberal MPP Han Dong, who has spent months crafting the bill.

Under the Reliable Elevators Act, elevators in most buildings would have to be repaired within 14 days — seven days for those in long-term-care and retirement homes. To achieve the aim, the bill aims to amend the definition of a consumer under the Consumer Protection Act to include those who hire elevator-maintenance contractors.

"The building owner is the consumer and the contractor is the service provider," Dong said. "So, the contractor will be responsible to comply."

The approach would subject contractors to a wide range of punitive measures — such as black-listing, public shaming, or prosecution — that exist under the Consumer Protection Act and which the Consumer Services Ministry already enforces.

The proposed legislation seeks to bridge a glaring gap between current stringent safety regulations and "elevator availability" in which users have little recourse beyond yelling at a building manager who may be stymied in efforts to get the situation fixed.

Dong said he was inspired to act after The Canadian Press reported last summer on extensive problems in the elevator industry, and he was getting an earful by constituents in his Toronto riding. Apart from frequent outages, he said, paramedics on one occasion took more than an hour to get a senior down from the 11th floor of a building because the only elevator large enough was out of service.

THE CANADIAN PRESS

Canadian teacher Maggie MacDonnell beat out applicants from around the world. MARTIN DOKOUPIL/THE ASSOCIATED PRESS

Educator wins big

EDUCATION

Quebec teacher awarded $1M global prize

A Canadian school teacher whose teaching philosophy underscores hope and acts of kindness in an isolated corner of Quebec won a $1 million prize Sunday in what has become one of the most-coveted and high-profile awards for teaching excellence.

Maggie MacDonnell was awarded the annual Global Teacher Prize during a ceremony in Dubai, United Arab Emirates, beating out thousands of applicants from around the world.

The prize was established three years ago to recognize one exceptional teacher a year who has made an outstanding contribution to the profession, employs innovative classroom practices and encourages others to join the teaching profession.

MacDonnell was among 10 finalists flown to Dubai to attend the ceremony. The nine others hail from Pakistan, the U.K., Jamaica, Spain, Germany, China, Kenya, Australia and Brazil.

MacDonnell has been teaching for six years in a remote Arctic village called Salluit. According to her biography, Salluit is home to the second northernmost Inuit Indigenous community in Quebec, with a population of just over 1,300, and can only be reached by air.

Her perseverance to continue teaching in the remote area, where many teachers leave their post midway through the year, made her a standout for the award. MacDonnell created a number of programs for boys and girls, including job mentorship and funds to assist with healthy meals. She also established a fitness centre for youth and adults in the local community, where drug use and alcoholism rates are high due to the region's harsh winters and isolation. The tiny village witnessed six suicides in 2015, all affecting young males between the ages of 18 and 25.

"The memory that continues to haunt me is when I see these Canadian teenagers, their very own classmates of the deceased, literally digging the grave," she said. "I didn't know until I came to Salluit that that was a Canadian reality." THE CANADIAN PRESS

POLITICS

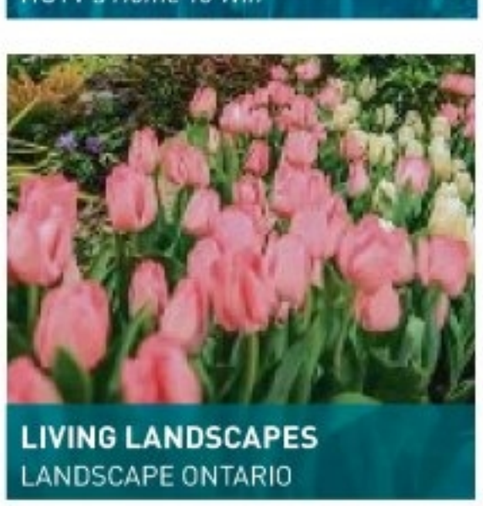
Martine Ouellet named leader of Bloc Québécois

One of the most hardline sovereigntists in Quebec's legislature was crowned leader of the federal Bloc Québécois on Saturday after no other candidates emerged to oppose her.

Martine Ouellet is a former Parti Québécois cabinet minister who now sits in Quebec's legislature as an independent.

She wasted no time going after Justin Trudeau, telling a rally Saturday that the prime minister is a friend of the oil companies. She also reiterated her commitment to Quebec's independence.

THE CANADIAN PRESS



SAVE $4
BUY TICKETS ONLINE
PROMO CODE: METRO
*ON ADULT ADMISSION ONLY

The **Ottawa Home + Garden Show** presented by RE/MAX is the most trusted resource for every home improvement project, inside and out. With big names like **Carson Arthur** and **Tiffany Pratt**, stars of HGTV's *Home to Win*, plus more than 300 exhibitors and a ton of exciting features, find unique ideas and inspiration to help transform your home and garden project from dream to reality. Satisfaction guaranteed — or the price of

LIVING LANDSCAPES

PRESENTED BY landscapeontario.com

Ottawa's most anticipated indoor garden display is back with stunning landscapes that will take over 30,000 sq.ft. at the EY Centre. Prepare to be captivated by the debut of eight new gardens, each with their own unique theme, inspiration and design. Be sure to also vote for your favourite garden to help select the winner of the prestigious *People's Choice Award* for best garden build of 2017!

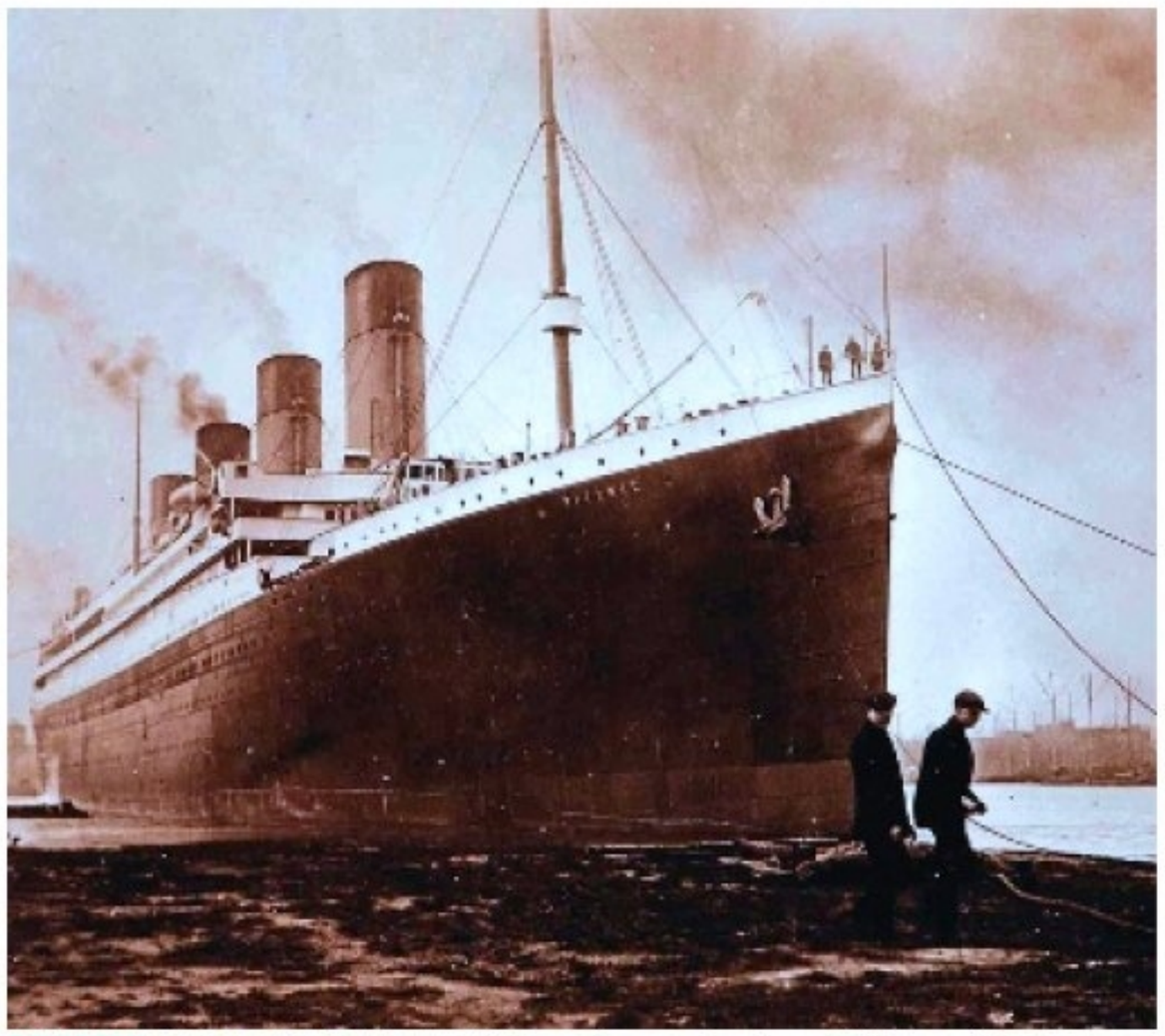
REGULAR ADMISSION:		HOURS:	
ADULTS	$13	THURS MAR 23	NOON – 9 PM
SENIORS (60+)	$12	FRI MAR 24	NOON – 9 PM
YOUTH (13-17)	$12	SAT MAR 25	10 AM – 7 PM
CHILDREN (12 & UNDER)	FREE	SUN MAR 26	10 AM – 5 PM

SPONSORS:

Living Landscapes · Welwyn Wong Landscape Design · Algonquin College · Maréchal · BVG · RE/MAX · Beyond the House · Permacon · Hansen · Urban Barn

OTTAWAHOMEANDGARDENSHOW.COM

PRODUCED BY EXPO MEDIA | PROPERTY OF MARKETPLACE EVENTS



RESEARCH TRAVELLING TO THE TITANIC Researchers are planning what they say is the first manned submersible expedition to the Titanic since 2005. OceanGate Expeditions recently announced that the seven-week research mission will depart from Newfoundland, Canada, in May 2018. The experts say the goal of the mission is to assess the condition of the wreck and document — but not collect — artifacts at the protected site. The doomed British luxury liner sank on April 15, 1912, after striking an iceberg on its maiden voyage from Southampton, England, to New York City, killing more than 1,500 people. The Titanic is seen in Belfast in a family album. THE ASSOCIATED PRESS

Tax agency's 'more aggressive' approach

CRIME

Panama Papers fuelled new investigations and regulations

For the Canada Revenue Agency, the Panama Papers was a line in the sand.

Unlike previous leaks, tax cheats named in the massive database won't be offered amnesty; instead, they're more likely to end up doing hard time.

"This is a more aggressive CRA," said assistant commissioner Ted Gallivan.

Tax fraudsters identified in the Panama Papers will not be allowed to clear their name by declaring their hidden assets and paying back taxes and interest, a process called voluntary disclosure.

"(The Panama Papers) allows us to showcase how the CRA has changed," Gallivan said. "There's a bit of a paradigm shift for us: no voluntary disclosures and a lot more criminal investigations."

"It sends the message that it's not just tax evasion, it's not just white collar crime, it's a serious criminal offence and it comes with serious criminal consequences," said Gallivan.

Internationally, Canada has long been considered lax on white collar crime, with few prosecutions and prison sentences measured in months, not years.

But after the Panama Papers were made public last April, the new Liberal government quickly announced a nearly $500-million investment in the CRA to bolster tax enforcement.

Early results reflect an ongoing reorientation toward fewer high-value tax cheats and a focus on multinational corporations.

The number of criminal convictions for tax evasion has dropped dramatically from 137 in 2011-12 to only 17 so far in 2016-17, yet the criminal fines imposed have almost tripled from an average of about $46,000 to over $123,000 for each offender.

Sentences are up, too, from an average of 18 months in 2011-12 to 26.5 months this year, according to numbers provided by the CRA. Additional tax collected by CRA audits has increased almost 45 per cent over the last six years from $8.7 billion in 2011-12 to $12.6 billion in 2015-16. More and more of these audits target large and multinational corporations, producing tax assessments that have more than doubled in the last three years from $6.1 billion in 2013-14 to a projected $13 billion this year.

In order to move more quickly from investigation to prosecution, in the last year 230 people have been added to the compliance department and lawyers are now being embedded in investigating teams.

The Panama Papers even spawned a new branch of the CRA, known as International, Large Business and Criminal Investigations, which operates under Gallivan's personal watch. This branch will be taking on the most complex, big-ticket cases that often have an offshore component and involve sophisticated tax professionals, the enablers of tax evasion. TORSTAR NEWS SERVICE

SPENDING

Budget week kicks off amid uncertain economic climate

The Trudeau government will chart the next segment of its mandate this week in what's expected to be a modest budget — but the omnipresent economic unknowns in the U.S. could eventually force Ottawa from a steady-as-she-goes course.

For now, the stronger U.S. economy is benefiting Canada. Finance Minister Bill Morneau will present the country's budget Wednesday amid a brightening outlook, thanks in large part to the United States.

In recent months, healthier Canadian numbers — from trade, to labour, to housing — have encouraged forecasters to raise their projections for economic growth.

Some believe these improvements will put Ottawa on a path to smaller annual deficits than the government had predicted last fall. After a surprisingly robust finish to 2016, Ottawa's anticipated $25.1-billion shortfall for 2016-17 is widely expected to come in less than projected.

In normal times, the modest momentum would provide a dose of optimism for a government drawing up its budget.

But Canada's current economic climate is far from typical.

The November election win for U.S. President Donald Trump has led to significant uncertainty in what is by far Canada's top trading partner.

Even with the recent economic improvements, there are widespread concerns in Canada about U.S. proposals, including discussion about major changes to trade and tax policies.

Many warn the changes could have severe economic consequences on this side of the border. For now, with so many unknowns, sources have said Ottawa has no plans to take steps in the budget to directly address the Trump-related economic fears. It remains to be seen whether Ottawa will have the flexibility to respond to any changes implemented in the U.S. over the course of the year.

"The government is building this year's budget with not a great deal of clarity about the geopolitical risks that could impact the Canadian economy," said Craig Alexander, chief economist for the Conference Board of Canada.

"And so, they might want to be sensitive to that and they might want to delay some of the measures they were thinking about until they actually have greater clarity about what's happening south of the border."

THE CANADIAN PRESS

What feminists would like to see in the budget

1. **Gender-based analysis** — Finance Minister Bill Morneau promised to put the federal budget through a gender-based analysis and publish the results.
2. **Child care** — Child care advocates have been told to expect a long-term funding commitment in the budget, with the money coming from the social infrastructure fund that has nearly $22 billion to spend over the next decade.
3. **Ending violence against women** — Status of Women Minister Maryam Monsef is expected to unveil a federal gender-based violence strategy in the coming weeks, but many want to see the money to back it up now.
4. **Pay equity** — The Liberal government has promised to bring in proactive pay equity legislation — to ensure that people who do work of equal value get equal compensation — by the end of next year.

VFS Info Session 2017
March 23 — 6 to 9 p.m.
VFS has more than 25,000 successful alumni shaping a $19 billion industry.
If you're ready to join them and begin a creative arts or media career...
This is where you go.
Shaw Centre - Room 203
55 Colonel By Drive,
Ottawa ON
Please join us.
vfs.edu/ottawa
VFS
VANCOUVER FILM SCHOOL

ALLEGATIONS

Documents give no proof of wiretapping

The top two lawmakers on the House intelligence committee said Sunday that documents the Justice Department and FBI delivered late last week offered no evidence that the Obama administration had wiretapped Trump Tower, but the panel's ranking Democrat says the material offers circumstantial evidence that American citizens colluded with Russians in Moscow's efforts to interfere in the presidential election.

"There was circumstantial evidence of collusion; there is direct evidence, I think, of deception," Rep. Adam Schiff, D-Calif., said. "There's certainly enough for us to conduct an investigation."

The House intelligence committee is to begin hearings Monday into Russia's role in cybersecurity breaches at the Democratic National Committee, as well as President Donald Trump's unsubstantiated claim that his predecessor had authorized a wiretap of Trump Tower. FBI Director James Comey and Mike Rogers, the director of the National Security Agency, are slated to testify.

Intelligence officials have said that Russia was behind the theft of Democratic National Committee emails last summer. The U.S. government later concluded that the Russian government directed the DNC hack in an attempt to influence the outcome of November's presidential election.

"For the first time the American people, and all the political parties now, are paying attention to the threat that Russia poses," committee Chairman Devin Nunes, R-Calif., said.

Nunes said the committee will also examine whether the Russians were trying to sow doubt in the U.S. electoral system or whether they were trying to help Trump get elected to the White House. THE ASSOCIATED PRESS

Networking site takes risky leap into Trump resistance

POLITICS

Move reflects willingness of tech firms to push back

Meetup is taking a leap into the Trump resistance.

The New York-based networking site will unveil plans in the coming days to partner with a labour group — under the guidance of a former Hillary Clinton aide — to co-ordinate protests among more than 120,000 activists already involved with anti-Trump Meetup groups.

It's a risky move for a tech company that has helped millions come together to share interests of all kinds, from hiking to languages to President Donald Trump himself. But it reflects an increasing willingness of some major technology firms to push back against the Republican president.

Meetup CEO Scott Heiferman told The Associated Press that the new arrangement, to be known only as #Resist, gives the loosely organized protest movement the infrastructure needed to execute large responses to the new president's policies.

"It's one thing for a CEO to say, 'I'm going to stand up against a politician,"' Heiferman said. "It's even further for the company itself to mobilize people."

For Heiferman and other tech leaders, Trump's push to block immigration from several Muslim-majority countries marked a tipping point.

"When a certain line is crossed," he said, "we have a civic duty not to be quiet."

The White House did not respond to a request Friday for comment about Meetup's plans.

About 40 technology companies met privately this month in New York City to brainstorm ways to push back against Trump policies on immigration, transgender protections, women's health and arts funding, as well as more traditional technology issues like net neutrality and encryption.

Kickstarter and Meetup were also among 58 technology companies that signed a friend-of-the-court brief on Tuesday charging that the White House's revised immigration plan would harm their employees and customers.

Airbnb, Apple, Twitter and Yelp filed a court brief late last month to protest the Trump administration's decision to rescind guidance that instructed schools to allow transgender students to use bathrooms that match their gender identity.

The car service Lyft recently pledged $1 million to the American Civil Liberties Union.

Meetup, which employs 175 people and claims 30 million users worldwide, has gone further than most.

Disturbed by Trump's initial push for a travel ban, the firm held a company-wide "resist-a-thon" last month and unveiled more than 1,000 new "#resist" Meetup groups that didn't have to pay the standard $15 monthly fee to advertise their events on the site. Currently, there are more than 1,000 Meetup groups devoted to the Trump resistance across the country.

THE ASSOCIATED PRESS

FAMINE CANADA PLEDGES $120M TO HELP AVERT DISASTER

Women and men carrying away earth on March 8. They were digging to build a dam so that if rains come, the water can be stored near Bandar Beyla in Somalia's semi-autonomous northeastern state of Puntland.

Canada will provide almost $120 million to help avert the prospect of starvation for 20 million people in Nigeria, South Sudan, Somalia and Yemen. The pledge comes in response to a United Nations warning earlier this month that the desperate situation in the four countries represents the "largest humanitarian crisis" the world has faced since the end of the Second World War.

The UN has said $4.4 billion in humanitarian aid is needed by July to avert disaster. In particular, the aid is to be targeted at the most vulnerable, generally women and children. "Severe food insecurity" in the region is the result of conflicts, which have displaced millions, and major drought in Somalia.

THE ASSOCIATED PRESS

COURT

Government should apologize to Omar Khadr, lawyer says

Omar Khadr was 15 when shot and captured in Afghanistan.

TORSTAR NEWS SERVICE

As the Canadian government offers an apology and millions in compensation for Ottawa's role in the detention and torture of three Canadians held in Syria and Egypt, federal lawyers appear to be digging in for a long fight against former Guantanamo Bay detainee Omar Khadr, who was 15 years old and grievously injured when he was captured in 2002.

Lawyers for Khadr, now 30, have been fighting the government since 2004 regarding abuses they say occurred to the captive under the Liberal and Conservative administrations.

The crux of the $20-million suit is Canada's unwillingness to recognize that according to international law, Khadr should have been treated as a child soldier during his incarceration.

Most damning is the allegation that Ottawa not only failed to protect Khadr as a passive bystander during the abuse of the teenage prisoner, but co-operated with the U.S. in violation of Canadian constitutional and international laws protecting the rights of minors.

The Supreme Court of Canada has already condemned the federal government's treatment of Khadr in three separate cases, including a 2010 unanimous ruling that said the participation of Canadian officials in Khadr's Guantanamo interrogations violated his constitutional rights and "offends the most basic Canadian standards about the treatment of detained youth suspects."

"It's time for the government to close the door and apologize to him. Instead, they're going to drag back him through the nightmares of his time in Guantanamo in examining him about his experiences," Khadr's lawyer Dennis Edney said. Edney, along with Toronto lawyer John Phillips, said Khadr will testify if essential to settling the case, but object to the need when his case has been so well documented in the media and through years of other cases litigated both here and the U.S.

Khadr was 15 when shot and captured following a July 27, 2002 firefight in Afghanistan where U.S. Delta Force Sgt. Christopher Speer was fatally wounded. In October 2010, Khadr pleaded guilty to five war crimes under Guantanamo's controversial military commissions, including "murder in violation of the laws of war" for Speer's death. In return, the Pentagon gave Khadr an eight-year sentence and chance to return to Canada.

On Friday, Public Safety Minister Ralph Goodale and Foreign Affairs Minister Chrystia Freeland issued a written apology on behalf of the government to Abdullah Almalki, Ahmad Abou-Elmaati and Muayyed Nureddin, the three Canadian men who had been held for months in Syria or Egypt, thus ending their legal saga that has stretched 15 years and involved two federal inquiries. As Torstar reported last month, the men will also be awarded a multimillion-dollar compensation package.

TORSTAR NEWS SERVICE

Simple tips to safeguard your email

YAHOO HACK

Make yourself less of a target with this advice from an expert

Many people are still not taking routine precautions to safeguard their email accounts — and hackers are exploiting that.

According to U.S. officials who filed charges in a massive Yahoo break-in, Russian hackers didn't have to work very hard to break into people's email accounts, even those belonging to government officials or powerful executives.

There are a few simple ways to help safeguard your email account from hackers.

DON'T REUSE PASSWORDS

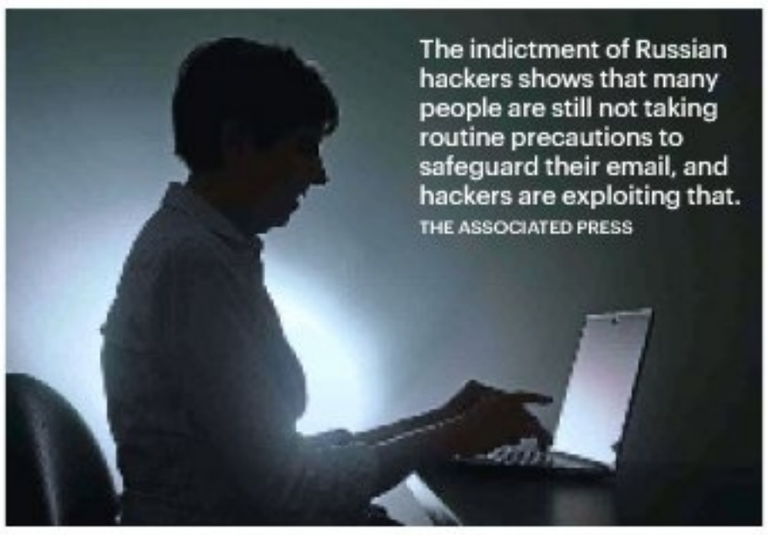
Many online break-ins result when people have reused a password across, say, their email, social and financial accounts. If it's compromised at any one of those services, the others are suddenly vulnerable.

One simple way to avoid this problem is to start with a base password you can remember, and then add on letters and numbers that reference where you're using it.

STRONGER PASSWORD

You can make things harder for attackers by making your base password stronger. The more complicated and lengthy a password is, the harder it will be for hackers to guess.

Don't include your kids' names, birthdays or references to any other personal details.



The indictment of Russian hackers shows that many people are still not taking routine precautions to safeguard their email, and hackers are exploiting that.
THE ASSOCIATED PRESS

Hackers routinely search Facebook and Twitter for clues to passwords like these. Obvious and default passwords such as "Password123" are also bad, as are words commonly found in dictionaries, as these are used in programs hackers have to automate guesses.

HAVE YOUR PASSWORDS MANAGED FOR YOU

Of course, you can make things easier on yourself by using a password-manager service such as LastPass or Dashlane, which keep track of multiple complex passwords for you. Some web browsers such as Apple's Safari and Google's Chrome also have built-in password managers; these work if you switch devices, but not if you switch browsers.

"It's more secure and it makes your life easier," said Jamie Winterton, director of strategy at the Global Security Initiative at Arizona State University.

MULTIFACTOR AUTHENTICATION IS A MUST

The next line of defence is two- or multifactor authentication, which asks users to enter a second form of identification, such as a code texted to their phone, when they log in. That way, even if hackers manage to get your password they still need your phone with the texted code.

KEYWORDS MATTER

According to the indictment, the Russian hackers searched email accounts for keywords like "passwords" to find people's passwords for other accounts. They also searched for "credit card" "visa," among other terms. So think twice before you use common key words that can serve as a road map to sensitive information for hackers. And don't save passwords in old emails.

"There's not one single thing out there that can keep you perfectly safe," Winterton said.
THE ASSOCIATED PRESS

IMMIGRATION

EU citizens in U.K. anxiously seek security before Brexit

Sam Schwarzkopf, a German neuroscientist at University College London, was startled to receive a letter from the British government telling him that his application for permanent residence had been rejected and he should prepare to leave the U.K.

As a European Union citizen, he is legally entitled to live in Britain, and last year's decision by U.K. voters to leave the 28-nation bloc hasn't changed that. But he is one of hundreds of thousands of Europeans battling British bureaucracy to confirm their legal status.

Schwarzkopf, who has lived in the U.K. since 1999 and is married to a Briton, thought his application for a permanent resident card "would be a formality."

Schwarzkopf was trying to obtain a small blue card emblazoned with the logo of Britain's Home Office and the words "U.K. residence documentation" for European nationals.

85 pages

The form applicants have to fill out to get the previously obscure residence cards as proof of their legal status.

Before last year's EU membership referendum, most people didn't even know the cards existed. Residents of EU nations can live and work across the bloc — no special visas or paperwork are needed for Europeans living in Britain.

That will change once Britain leaves the EU, after a two-year divorce process due to begin by March 31. But no one is sure exactly how.

That leaves Europeans in Britain anxious, and gives the previously obscure residence cards new value as proof of immigrants' legal status.

The number of residence cards issued by the British government shot up sevenfold between the final quarter of 2015 and the same period in 2016. There were 240,000 applications in all of 2016 — a number that has stressed the civil service, which at the end of 2016 was working through 90,000 unprocessed applications. More than a quarter of applicants are rejected, sometimes because of simple mistakes in filling out the form.
THE ASSOCIATED PRESS

150 WAYS of looking at Canada

POSTCARD NO. 46

DAUBERT FARMHOUSE, SASKATCHEWAN

MANY GERMAN-RUSSIAN IMMIGRANTS HOMESTEADED AND FARMED ON THE PRAIRIES IN THE EARLY 1900'S. THESE FAMILIES WERE SO PROUD TO BECOME CANADIANS! TODAY, THE NOW-ABANDONED DAUBERT FARMHOUSE NEAR MANTARIO IS MEANINGFUL AS IT REPRESENTS NOT ONLY OUR FAMILY'S CANADIAN ROOTS BUT IS ALSO A VISUAL REMINDER OF OUR HISTORY.
DENISE DAUBERT

SEND US YOUR POSTCARD

Each day until July 1, Metro will feature one reader's postcard in our editions across the country, on Metronews.ca and our 150postcards Instagram page. Get involved by sending us a photo of your favourite place in Canada along with 25 to 50 words about why that place is special to you. Email us at **scene@metronews.ca** or post to Instagram or Twitter with the hashtag **#150postcards**.

HEADLINE
COFFEE
Bringing the world to your doorstep. Every month you'll open the door to a new supply of expertly selected and deliciously roasted coffee from around the globe. New month, new adventure. Discover this truly unique and awakening coffee experience.
Bringing the world to your doorstep.
$20/month INCLUDES SHIPPING & TAXES
BROUGHT TO YOU BY metro
Order by April 1st for early April delivery: headlinecoffee.ca

metro VIEWS
Your essential daily news
Monday, March 20, 2017

URBAN ETIQUETTE ELLEN VANSTONE

THE QUESTION

How do I tell my coworker her chatter and YouTube videos are wasting my time — without sounding like a grump?

Ani Castillo

Dear Ellen,

I've noticed a coworker spends most of her day doing personal things — YouTube, Facebook, looking at home improvement supplies, chatting with work friends or making personal calls. She also talks to me and sends me emails about her interests, which is distracting. I resent it since she doesn't seem to value my time, and even more so because I know she is paid much more than me. My other colleagues tease me for not caring to look at baby photos or hear pet stories. How can I bring this up without seeming like a complete curmudgeon?

V. Busy

Dear V.,

There are two issues here.

The first issue is taking control of a problem of your own making. I spent years before I finally diagnosed this in myself, and I now see it everywhere around me (i.e., the corner we paint ourselves into when we want something, but don't want to be seen as wanting something).

If you want something, you have to ask for it. Somehow a very bad idea has arisen in some quarters of "polite" society that it's rude to pipe up and "self-ishly" ask for better treatment instead of just sucking it up like a gentleman, or martyr, or whatever gloss your own particular culture puts on this walk-all-over-me-whilst-I-seethe-self-righteously approach. But resenting people because they can't read your mind and don't subliminally discern your needs is a mug's game.

Resenting people because they can't read your mind is a mug's game.

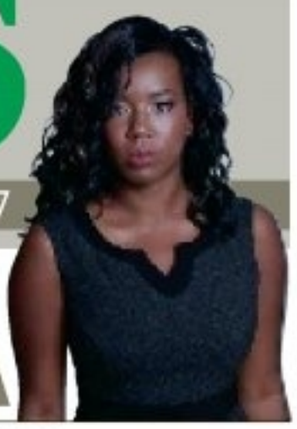
In fact, it's more polite, and respectful, to give the other side a chance to behave better by clearly stating your request. In your case, you have every right to ask your colleague to please stop interrupting you with non-job-related comments, Internet artifacts, or family photos so you can fully concentrate on getting your own work done.

Which brings us to the second issue: accepting that you have no control over the outcome of your polite request.

It's possible your time-wasting, Internet-addicted, over-compensated colleague will blush with shame when you point our her lack of professionalism, and immediately, quietly adopt your own admirable work ethic. But by the sounds of it, it's more likely she and the rest of your coworkers will indeed write you off as a "complete curmudgeon."

So be it. We curmudgeons are totally underrated. Carry on, maybe buy some noise-cancelling headphones, and wear the badge proudly.

Need advice?
Email Ellen:
scene@metronews.ca



VICKY MOCHAMA

Nails, hair and table settings: the new and improved Women Studies

Teachers are everyday heroes. I am glad one Canadian teacher was just rewarded with a $1-million prize and global praise for her work in a remote Inuit school. But there are yet more heroes whose work needs to be acknowledged, including a teacher in Clyde, Alta., who has launched a Women Studies class to help young girls navigate the teen years.

At first, I thought it would offer the things I most needed as an awkward teen, like how to make medieval armour and influence people. But this isn't your standard women's studies class about deconstructing power and oppression (bor-ing).

Instead, the course teaches girls in Grades 6 to 9 how "self-improvement techniques," like choosing flattering hair styles and wardrobes, can "enhance their natural beauty and express confidence without over-shadowing who they are," according to the school's newsletter.

The course is part of the school's career and technology foundation program, naturally.

Learning the best hairstyles to frame your face is a female survival skill; it prevents one from crying at a hair salon, which is a sign of weakness that the salon will pounce on to sell you expensive high-end products.

And after all, how is a girl supposed to Lean In with bangs that cloud her vision?

These skills should be part of a full complement of courses to enhance a girl's education. In fact, more schools should offer them. Here's an idea: "Microeconomics and the art of spotting a marriageable high net worth individual." Of course, business acumen is not just about the numbers, but also the soft skills, which would require a class like "Language Arts: how to deflect praise away from yourself."

And in all honesty, if we are going to teach high self-esteem to girls via online shopping best practices, we can't forget about the boys.

Like the novelist and feminist Chimamanda Adichie says: "Why do we teach girls to aspire to marriage, and we don't teach boys the same?" Where is their course on the mechanical engineering of a wedding bustle?

The afternoon the Clyde girls spend on nail care and application should be a prerequisite for a high school diploma for boys. And in my experience, more than a few boys could have used lessons in other elements of the course, like table settings, dinner party etiquette and polite conversation.

The latter may not seem like the most pressing thing over, say, math and geography, but hold your judgement until you find yourself at a house party talking to a 44-year-old man about all of his March Madness picks and the rationales behind them.

Would that he could instead speak intelligently on the challenges of being a female in today's world.

I believe the children are our future, and I want their dinner parties to sparkle.

metro
Your essential daily news
CHIEF OPERATING OFFICER, PRINT
Sandy MacLeod
VICE PRESIDENT & EDITOR
Cathrin Bradbury
EXECUTIVE VICE PRESIDENT, REGIONAL SALES
Steve Shrout
MANAGING EDITOR OTTAWA
Matt LaForge
ADVERTISER INQUIRIES
adinfoottawa@metronews.ca
General phone 613-236-5058
FREE TO SHARE

PHILOSOPHER CAT
by Jason Logan

Philosopher cat now at
www.mymetrostore.ca

metro LIFE

Your essential daily news

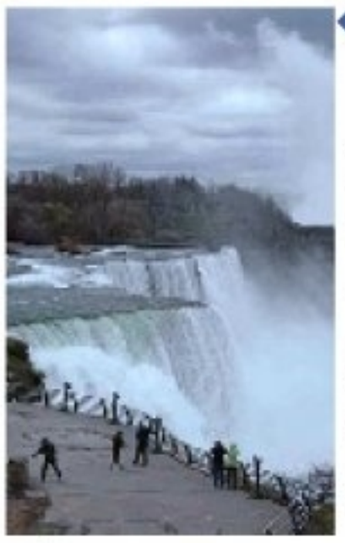
Having sex boosts your productivity and engagement the following day at work, researchers find

5 QUESTIONS ABOUT THE MEANING OF DRAKE'S MORE LIFE

Drake has finally delivered More Life, but he hasn't necessarily handed us all the answers. The Toronto rapper unleashed his latest 22-track studio project Saturday, giving fans plenty of material to chew on. It seems like More Life has let him explore styles beyond his usual boundaries. He seamlessly pivots from catchy afrobeats to house vibes. Here are five questions to ponder while reflecting on the deeper meaning of More Life. **THE CANADIAN PRESS**

1 How did he pick those samples?

Drake spares no expense in showcasing his eclectic taste for memorable songs. He digs into the record crates for Lionel Ritchie's All Night Long, and throws it on the outro of Blem, while fellow soul legends Earth Wind & Fire get their song Devotion worked into Glow. But more surprising is Drake's magnetism to underdogs such as **South African house DJ Black Coffee** (pictured), whose jazzy Superman is the backdrop for Get It Together. He even throws a total curveball with a sample of His World, the theme from the Sonic the Hedgehog video game, on the track KMT.



2 Will his love of home ever fade?

Hints of Canada are scattered throughout, including a subtle nod at the mac and cheese formerly known as Kraft Dinner ("Mama never used to cook much. Used to chef KD," on Free Smoke) and Toronto-area spots ("Used to be at SilverCity Indigo. Used to be in lunchroom playing dominoes," on Do Not Disturb. He leaves time for one of Canada's most popular tourist attractions, though it's not quite a shining endorsement ("We evolved, used to think vacation meant **Niagara Falls**" he raps on Can't Have Everything).

PHOTOS: TORSTAR NEWS SERVICE/INSTAGRAM/FACEBOOK

3 Where did JLo go?

An appearance by **Jennifer Lopez** seemed like one of the few certainties of More Life. The Latina songstress posted an Instagram photo cuddling Drake a few months ago, which fuelled rumours of a tryst in the studio. Within days, a clip of their presumed collaboration Get It Together leaked online. But Lopez is missing from the final version, with her part replaced by U.K. newcomer Jorja Smith. However, Lopez isn't entirely absent — Drake raps "I drunk text JLo. Old number so it bounce back" on Free Smoke.

4 Did mom's words strike chord?

Drake's mom **Sandi Graham** offers wise words on the final moments of Can't Have Everything. In what appears to be a voicemail clip, she suggests her son checks his emotions. "I'm a bit concerned about this negative tone I'm hearing in your voice these days," she says. "That attitude will just hold you back in this life." She ends with a slight paraphrase on Michelle Obama's 2016 Democratic National Convention quote: "When others go low, we go high."

5 Will he really settle down?

Drake seems to take his mom's advice to heart, suggesting on Do No Disturb that he'll slam the brakes on his whirlwind music career. On the final track he lays out his plan saying, "Take the summer off 'cause they tell me I need recovery. Maybe getting back to my regular life will humble me. I'll be back 2018 and get you the summary." Maybe that'll be enough time to settle into his new mansion in **Toronto's posh Bridle Path** neighbourhood and ring a few doorbells. *(An imagined rendering of Drake brooding in his mansion is pictured, by design firm Norm Li for Torstar).*

JOHANNA SCHNELLER WHAT I'M WATCHING

Scandal takes a turn for worst

THE SHOW: Scandal, Season 6, Episode 6 (ABC/CTV)
THE MOMENT: Rowan's weakness (contains spoilers)

Mystery Meanies — a shadowy group who want Mellie Grant in the White House — made Rowan (Olivia Pope's dad, played by Joe Morton) kill Mellie's rival. They did it by threatening to kill Rowan's lover Sandra (Tonya Pinkins). But now they want more from him.

"Our account is settled," Rowan says.

No, you're too useful, says Woman Meanie: "And you have a streak of weakness. It's standing right next to you."

That pisses Rowan off. "You people always think you're better than us," he says. Then he — blam! — shoots Sandra between the eyes.

"I have no weaknesses," he says. "No one owns me."

Except....Woman Meanie shows him her phone. She's surveilling Olivia (Kerry Washington). His weakness.

With the crazy crap happening in the real White House, I get why the Scandal team thought they had to shake up their case-of-the-week formula. But their solution, this season-long, Deep-State mystery thriller, is batty.

First, it's a dead end: What Rowan did to Sandra is so unpleasant, there's no coming back from it. What has to happen now is no fun. (And what's with the "you people" line, a remark that seems racial, but led nowhere?)

Mainly, this arc is bad because it has so little Olivia in it. She should be the one pushing her moral limits. She should be orchestrating the twists, creating the ride. Instead she's just along for it.

We're supposed to marvel at the lengths Olivia goes to. Not just notice the length of the orange gloves she wears to ask Daddy's advice.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

Scandal's arc on Olivia's father Rowan (played by Joe Morton) is bad because it has so little of Olivia in it. CONTRIBUTED

Before buying, lay down these firm foundations

ADVICE

Don't get caught up in the thrill of purchasing that first home

Gail Vaz-Oxlade
For Metro Canada

While the prospect of home ownership is very exciting, taking on the that big a responsibility without a plan is silly. ISTOCK

My girlfriend, Casey, and I were out driving around when she told me her son is thinking of buying a home. "I told him to call you," she said.

"Good," I replied. "Because there's a whole bunch of things to think about when you're getting ready for home ownership and I'm the girl to give it to him straight."

First up, do you know what kind of home you want: a condo, a townhouse, a semi-detached or a mansion? Will you live in the city, in suburbia, in the bush? How much will it cost?

Those are some of the basic questions you should answer as you move from dreaming about a home of your own to making it a goal. Making the picture concrete by nailing down the specifics will turn it from something ethereal to something you can actually work towards.

Next, calculate the carrying costs. Home ownership is nothing like renting, so if you figure you can afford a home because the mortgage payment is almost like rent, you're in for a shock. There are utility costs. There are taxes. There is insurance. And maintenance. . . the cost everyone likes to ignore. Don't guess-timate. Find out.

Then practise. If it'll cost you $1,850 a month to carry a home, that means you actually have to come up with $1,850 a month every single month. So live like you're spending that money while you're still renting. Take that $1,850 a month, subtract your current shelter costs and stick the difference in a savings account. You'll learn to live on the disposable income available once you own; the savings will get you to your down payment faster.

Save enough down payment. You should have a minimum of 20 per cent of the purchase price for a down payment. Don't whine. How committed are you to owning? Not having 20 per cent to put down immediately makes the home more expensive because you have to incorporate CMHC mortgage insurance fees. On a $600,000 house with only $60,000 down, the mortgage insurance would be 2.4 per cent of the value of your home or $12,960. Added into your mortgage, that mortgage insurance premium would end up costing you $21,519 if you amortized for 25 years at 4.5 per cent.

Don't forget closing costs. There are legal fees and expenses, a home inspection fee (don't skimp), adjustment costs for things like pre-paid property taxes, an appraisal fee, land transfer tax, title insurance, an interest adjustment, a property survey (maybe), water quality inspection if you're living in a rural area and hook-up fees for setting up your new services. And don't forget taxes. Estimate 1.5 per cent of the purchase price for closing costs.

Budget for everything else. From window coverings to appliances, from a new bed to new broadloom, there are always ways to spend money on a home. If you have grass, you'll need a lawnmower. If you have a long driveway, you might need a snow blower.

While the prospect of home ownership is very exciting, taking on that big a responsibility without a plan is silly.

Don't get so caught up in the thrill that you fail to make a solid plan.

For more money advice, visit Gail's website at gailvazoxlade.com

DRESS CODES

'High-heels debate must be broadened'

Servers clad in short skirts and stilettos could soon be a thing of the past, as British Columbia and Ontario take steps to ditch sexualized dress codes. But women in other industries can face unwritten expectations of lipstick and heels, say workplace equality experts.

Researchers and human rights lawyers say a broader discussion is needed of the pressures faced by women to spend more time and money on their looks than men. Gender stereotypes can permeate all kinds of workplaces, including when it comes to physical appearance.

"Women can be judged more harshly due to these pervasive stereotypes," said Julie Nugent, vice-president and centre leader at the Catalyst Research Centre for Corporate Practice, part of a multinational non-profit organization. "When you think about dress and physical appearance, women face higher standards in a lot of cases than men."

Nugent said women leaders are often subject to what's known as the "Goldilocks syndrome," where they're perceived as either too tough or too soft, but never "just right." This also affects expectations for how women dress, in which their looks are scrutinized more than men's, she said. "Sometimes that (focus on appearance) could even take away from a woman's abilities or her leadership style," she said. "That can be sort of white noise in the background."

B.C. Premier Christy Clark recently voiced support for a private member's bill that would have banned mandatory high heels in the workplace. But rather than pass the bill, her government is looking for the most "effective way" to make the fix, which could include changes to regulations.

The Ontario Human Rights Commission put forward a policy position last year making it clear that requiring female staff to wear high heels, low-cut tops or short skirts could violate the human rights code.

But in the U.K., the issue has also been debated in the context of professional workplaces. British lawmakers condemned sexist dress codes after Nicola Thorp complained that her employment agency required "regularly reapplied" make-up and shoes with at least a five-centimetre heel while she was working at a finance firm.

Renu Mandhane, chief commissioner of the Ontario Human Rights Commission, said the issue comes up most often in restaurants and bars.

"Often, when you're talking about offices and businesses, it's more about the implied expectation, rather than a formalized dress code," she said.

THE CANADIAN PRESS

In the U.K., the issue of female staff being forced to wear high heels has also been hotly debated. THE CANADIAN PRESS FILE

Join our Metro Reader Panel
and you could
win $500!*

metro Learn more at metronews.ca/panel

*No purchase necessary. Entry period is Monday, February 6, until Friday, March 31, 2017 at 11:59 pm. Odds of winning depend on total number of p... One entry per person. ... available online at www.metronews.ca/panel

YOU CAN DO THIS OCCUPATIONAL THERAPIST

Improving the quality of all lives

WHY I LIKE MY JOB

Sandra Dewsberry, 55, occupational therapist, St. Joseph's Care Group, Thunder Bay.

I've been an occupational therapist for over 30 years. In high school, when I was starting to think about what I'm going to do with my career, I did two placements in the occupational therapy roles, and I realized it's what I really wanted to do. I ended up doing a 33-month degree at McMaster University in health sciences, with a specialization in occupational therapy.

Today, I work on the mental health side in the psychiatric hospital with long-term care residents, who are mostly seniors with cognitive issues like dementia. We try to take a non-pharmacological approach to healing and figure out what might be agitating or upsetting patients (as many can't vocalize their issues). I have upwards of 40 clients, and for each, working with a patient's doctors, personal support workers and families, we come up with a specific action plan based on clients' needs. Sometimes that includes scheduling visits with psychiatrists or even priests, or maybe encouraging them to exercise — little things we can do to help them improve their quality of life.

But it's a very varied career. Working in long-term care is only one small aspect of what I've done. Over the years, I've worked in the community going into people's homes and improving the quality of life there. And you can work across all ages — from newborns to 100-plus.

It's a new day, every day. I love working with people. I love working to improve their quality of life as they're coming to the end of it.

HOW TO START

Today, occupational therapists are required to have a master's degree in the field, and complete a minimum of 1,000 hours of clinical work. Schools across the country, including the University of Toronto, Dalhousie, the University of Alberta and the University of British Columbia, offer programs. There, students learn theoretical practices of occupational therapy — how different factors in life, such as a person's immediate environment, work or even personal relationships, might influence their health — as well as do hands-on clinical placements, where they put their learning to use. After university, prospective therapists must take a certification exam by the Canadian Association of Occupational Therapists to be allowed to practice.

WHERE YOU CAN GO

Occupational therapists work with people of all ages with physical or mental health issues. As a result, there are opportunities to work in hospitals and private clinics across the country, as well as schools, long-term care facilities (like nursing homes), and in private homes. There are opportunities to work with governments in all major cities (to advise on areas like disability accessibility, health planning and rehab programs). Many businesses also work with occupational therapists to develop plans for safe and healthy work environments.

THE BASICS: Occupational therapist

14%

Projected rate of job growth over the next **eight** years.

$65,838

Median annual salary for an intermediate-level occupational therapist, though with more experience, OTs can expect to earn upwards of **$90,000**.

Data for this feature was provided by caot.ca, mcmaster.ca, ualberta.ca, payscale.com and onetonline.com.

Berlitz®
Speak with confidence.
HAPPY HOUR SPECIAL
PRIVATE LANGUAGE TRAINING
WEEKDAYS 5-8PM SAVE $400
alain.landriault@berlitz.ca
613-234-8686

St. Lawrence College Employment Service | Service d'emploi
Laid off? Want a new career?
Going back to School? Ask us about our Second Career program
71 Bank Street, 5th Floor, Ottawa • 613-232-0022 • employmentservice.sl.on.ca
EMPLOYMENT ONTARIO Ontario Canada
This Employment Ontario program is funded in part by the Government of Canada and the Government of Ontario and through the Canada-Ontario Job Fund Agreement.

École des adultes LE CARREFOUR
INSCRIVEZ-VOUS MAINTENANT!
Pas de temps? Pas de problème!
Complétez vos études secondaires en ligne!
- Cours le jour, le soir et en ligne
- Formations professionnelles
- Cours de langue seconde
Conseil des écoles publiques de l'Est de l'Ontario
CARREFOUR.CEPEO.ON.CA
613-731-7212
2445, boul. St-Laurent, Ottawa, ON K1G 6C3

metro SPORTS

Blue Jays centre-fielder Kevin Pillar went 0-for-7 attempting to reach base exclusively on bunts in a pair of minor-league exhibition games Sunday

Boucher's evolution spurs Sens' resurgence

NHL

Team vying for division crown in coach's first year in Ottawa

There's a persistent sneer on Guy Boucher's face, but the Ottawa Senators head coach doesn't lose his cool like he might have in the past after a disappointing overtime loss.

"When you're younger you either say too much or you let the emotion take over," Boucher said a day after a 2-1 defeat against the Tampa Bay Lightning on Tuesday. "But I also knew that if I gave myself an hour or two after that (loss), watching some video and figuring out what's what then you put things in perspective and they fall into place."

Boucher's evolution behind the bench has helped propel the Senators to their finest season, potentially, in a decade and one that captain Erik Karlsson describes as perhaps "the most consistent and best season that I've ever been (a part of) here playing for the Ottawa Senators."

2

The Sens are second in the NHL in shot blocking and on pace to cast aside almost 200 more than last year's 13th-ranked group.

Ottawa has made huge leaps defensively, becoming an unexpected contender for the Atlantic division crown. But for Boucher personally, progress from a failed first NHL coaching experience with the Lightning has nothing to do with Xs and Os.

"People ask me what I'm doing differently (from) Tampa. On the ice: nothing," Boucher told the Canadian Press following a recent practice in the nation's capital. "It's not about hockey."

Instead, it's about a vastly different approach to handling a hockey team.

Boucher has unclenched his grip over the coaching operation in Ottawa and learned to manage his energies in a more effective manner. That means, for one, delegating more responsibility to his coaching staff — which includes experienced former NHL head coach Marc Crawford.

Boucher even hired each member of the staff with specific duties to delegate in mind.

Known for being overly harsh at times with the Lightning, Boucher has tried to pull back with the Senators too. There are days he won't even take the ice.

"I come in, I inject what I need to inject, but I pull away more than I used to," Boucher said.

Since his tenure with the Tampa Bay Lightning, Guy Boucher has unclenched his grip over coaching operations. JANA CHYTILOVA/FREESTYLE PHOTOGRAPHY/GETTY IMAGES

If Boucher's changed, so too have the Senators under his lead.

Ottawa, entering Sunday's action, has leaped from 30th in shots against to 16th; from 29th on the penalty kill to 12th; and from 26th in goals against to 10th.

Altering the Sens defensive fortunes for the head coach meant executing faster than opponents and ultimately gaining "fractions of seconds" on those foes over the course of the season — being a step in front of an opponent's defensive zone set-up for example. Boucher wants his group to "defend hard and fast" so it can quickly transition to offence.

It took until early December before the product started resembling what he had in mind.

Boucher credits the players for sticking to the details, "paying the price" and staying together.

"That's why when people ask me, 'What have I done?' (Shrugs). Really? My job is just to direct," Boucher says. "They're the ones that are doing it. And they're the ones that should get all the credit." THE CANADIAN PRESS

Go to metronews.ca for coverage Sunday night's Sens-Habs game.

CROSS-COUNTRY SKIING

Harvey captures silver at home

He lost by the tiniest of margins, but local favourite Alex Harvey felt like a champion.

Canada's best cross-country skier capped a dream weekend by coming second in a photo finish to rising Norwegian star Johannes Hoesflot Klaebo in the 15-kilometre pursuit race before a huge crowd on the plains of Abraham for the final World Cup event of the season on Sunday.

His father, Canadian cross country and cycling legend Pierre Harvey, estimated the margin of Klaebo's victory at two centimetres.

"I lunged with everything I had," said Alex Harvey. "I knew I was going to be second or first.

"Klaebo is the best sprinter in the world. He's got the Crystal Globe at home. He's got a medal from the world championships in the sprint, so there's nothing to be ashamed of."

The World Cup finals were supposed to be in Russia, but organizers dropped it when six Russian cross-country skiers were suspended for doping violations. Quebec City won hosting rights and Harvey, a native of St. Ferreol Les Neiges, just north of the city, made the most of it.

He began with a victory in the 1.5-kilometre sprint race on Friday and followed with a fourth-place finish in the 15-kilometre classical style event on Saturday, which was also won by Klaebo.

THE CANADIAN PRESS

Alex Harvey, right, and Hoesflot Klaebo sprint to the finish line on Sunday. THE CANADIAN PRESS

MARCH MADNESS

Kentucky freshmen overpower Shockers

Bam Adebayo had a double-double and swatted away the final shot on Sunday as Kentucky sent Wichita State to yet another second-round heartbreak, 65-62 in the NCAA Tournament.

The youngest team in March Madness grew up in the closing minutes.

Adebayo had 13 points and 10 rebounds. De'Aaron Fox had 14 points, including a late steal and dunk. Malik Monk blocked a shot and made a pair of free throws in the final 13 seconds.

Bam Adebayo scored 13 points on Sunday. GETTY IMAGES

Adebayo clinched it by blocking Landry Shamet's three-pointer shot at the buzzer.

THE ASSOCIATED PRESS

IN BRIEF

Manchester City salvages draw with Liverpool

Sergio Aguero's 69th-minute goal rescued a point for Manchester City in a 1-1 draw against Liverpool on Sunday in a gripping Premier League game between two teams battling for Champions League qualification.

The striker turned home Kevin De Bruyne's pinpoint cross as City fought back from conceding a penalty converted by former player James Milner in the 51st minute. THE ASSOCIATED PRESS

CURLING

Homan rink edges Russia in extra end

Rachel Homan and Team Canada improved to 3-0 at the 2017 world women's curling championship.

Homan and her Ottawa foursome had a 10-9 extra-end win over Russia Sunday in their third draw of the 12-nation tournament in Beijing.

"Just barely (3-0)," Homan said. "It was a good long grind by my team. Every day we're getting better and better at getting over the jet lag, and hopefully we keep learning the ice."

PAST RESULTS

Homan has won bronze and silver in two previous world championship appearances.

The 27-year-old skip is joined by third Emma Miskew, second Joanne Courtney and lead Lisa Weagle, along with alternate Cheryl Kreviazuk.

THE CANADIAN PRESS

MAKE IT TODAY

Refreshing Blueberry and Kale Smoothie

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

You know what they say, just a cup of frozen blueberries help the kale go down. Or something like that. This morning shake is so delish you won't be thinking about all the vitamins and minerals.

Ready in 5 minutes
Serves 2

Ingredients
- 1 cup almond milk
- 1 tsp honey
- 1 cup frozen blueberries
- 1 cup frozen chopped kale
- 1 banana, peeled
- 1 Tbsp Greek-style yogurt

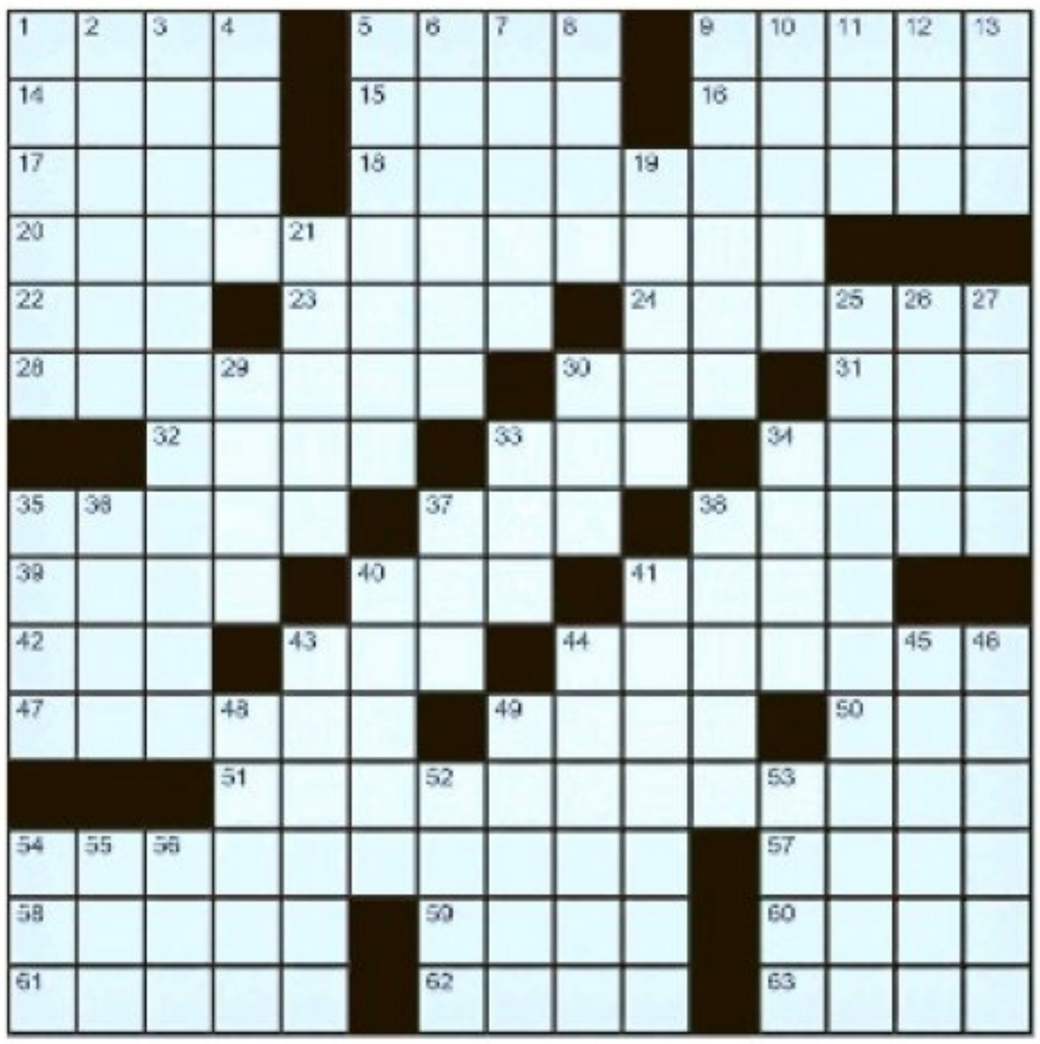
Directions

1. Place the almond milk, honey, blueberries, kale, banana and yogurt in a blender and whiz until smooth.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. 'Lait' in London
5. Actor/director Mr. Reiner
9. Acclaim
14. City of France
15. Stuff in fertilizer
16. 'R' of US state RI
17. Kellogg's waffle brand
18. Like the red soil of Prince Edward Island: 3 wds.
20. The 'Journey Prize' is one of the 10 literary awards bestowed by The __ of Canada
22. Belonging to Irish writer George William Russell's pen name
23. New York baseballers
24. Pony's place
28. __ of the Northern Lights (Canadian comic book superheroine introduced in 1941)
30. "Absolutely."
31. Mr. Romano
32. Dismounted
33. Hipster's home
34. __ fide
35. Copper, for one
37. Crow cry
38. Cod-like fishies
39. "__ be surprised!"
40. Method
41. Concern
42. Lady's titled man
43. Oomph
44. Airport landing ways
47. Playwright, Eugene __ (b.1888 - d.1953)
49. Pubs
50. Moo __ pork (Takeout dish)
51. Waterway upon which Edmonton sits, North __ River
54. Tomatoes-on-toast
57. Camera part, __ cover
58. Scoundrel
59. Royal's restrooms
60. Immobilizing spray
61. Additional
62. Fors
63. Proofreader's 'leave in'

DOWN
1. Canadian celebrity chef Mark, born in Buffalo, New York
2. "My feelings exactly.": 2 wds.
3. Since-1913 Edmonton edifice, Alberta __ Building
4. Contorted cord creation
5. Of these times, as world events
6. Record label Clive Davis founded
7. Elongated squares, for short
8. Bert of "The Wizard of Oz" (1939)
9. Surrealist artist Max, and surnamesakes
10. Tony-winning performer Ms. Rivera
11. Country legend Ms. Lynn, to pals
12. Flurry
13. Five-and-Five
19. "Somebody That __ to Know" by Gotye
21. Surfer's correspondence
25. Excreted the effects of exercising: 3 wds.
26. "Penny __" by The Beatles
27. Young hawk
29. __ the Impaler
30. Move off course
33. Salary
34. Brewery yeast
35. "__-Called Life"
36. Irish actor Mr. Macken
37. Mushroom's topper
38. Abrasive
40. Language spoken in Cardiff
41. Scavenger's serving
43. One setting something in position
44. 1981 Rolling Stones album: '__ You'
45. Opportunity
46. Towards the end of the day marvel
48. Matter that matters
49. Ulan __ (Mongolia's capital)
52. Seaweed sort
53. Traditional trees
54. Rob to Khloe, for short
55. Decay
56. Friend of 'feh'

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
This is your hour! The Sun will be in your sign for the next four weeks, boosting your energy and attracting positive situations and people to you. Happy birthday!

Taurus April 21 - May 21
During the next month, you will be more low-key. However, this is an excellent time to strategize and plan ahead for the new year (birthday to birthday). Do you have any ideas?

Gemini May 22 - June 21
Today you enter a four-week window of time that will be very popular for you. Enjoy schmoozing with others. Join clubs, groups, classes and associations.

Cancer June 22 - July 23
During the next four weeks, the Sun is at the top of your chart, shining a flattering light on you. Use this to your advantage, and ask bosses and parents for what you want.

Leo July 24 - Aug. 23
Try to travel in the next four weeks, because you want to get outta Dodge. You need a change of scenery and a chance to learn something new!

Virgo Aug. 24 - Sept. 23
Red-tape issues about inheritances and shared property will be your primary focus for the next four weeks. Taxes, debt and insurance issues also will be on your mind.

Libra Sept. 24 - Oct. 23
Throughout the next four weeks, you will need more sleep than usual. Respect your need for more rest. Chill out.

Scorpio Oct. 24 - Nov. 22
Work to get better organized during the next four weeks, because this will make you feel great. You want your life to run more smoothly and efficiently.

Sagittarius Nov. 23 - Dec. 21
It's playtime! Vacations, romance, love affairs, the arts and fun activities with children are your primary focus throughout the next four weeks. Lucky you!

Capricorn Dec. 22 - Jan. 20
Home, family and your private world will be your main focus in the next four weeks. You will cocoon at home more often. Family issues will be at the forefront.

Aquarius Jan. 21 - Feb. 19
A busy pace begins now and lasts for the next four weeks. Short trips, increased reading and writing, errands and discussions with everyone will fill your schedule.

Pisces
Feb. 20 - March 20
Think of how to boost your earnings in the next four weeks as your mind turns to cash flow and assets. This also is a good time to think about what really matters in life.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

	1		4	3				
					2	8		6
	7				6			
	3	5		2				1
6								5
8				4		6	2	
			5				7	
7		2	9					
				7	1		3	

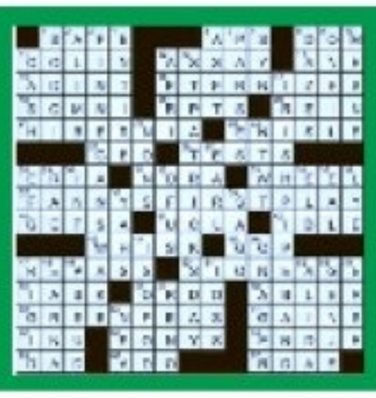
©2014 Conceptis Puzzles, Ltd. by Krazy Puzzles Syndicate, Inc.

DOWNLOAD METRO'S NEW APP NOW
OFFLINE READING
•LOCAL NEWS • VIEWS •LIFE • SPORTS
>>>

FRIDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

for more fun and games go to metronews.ca/games

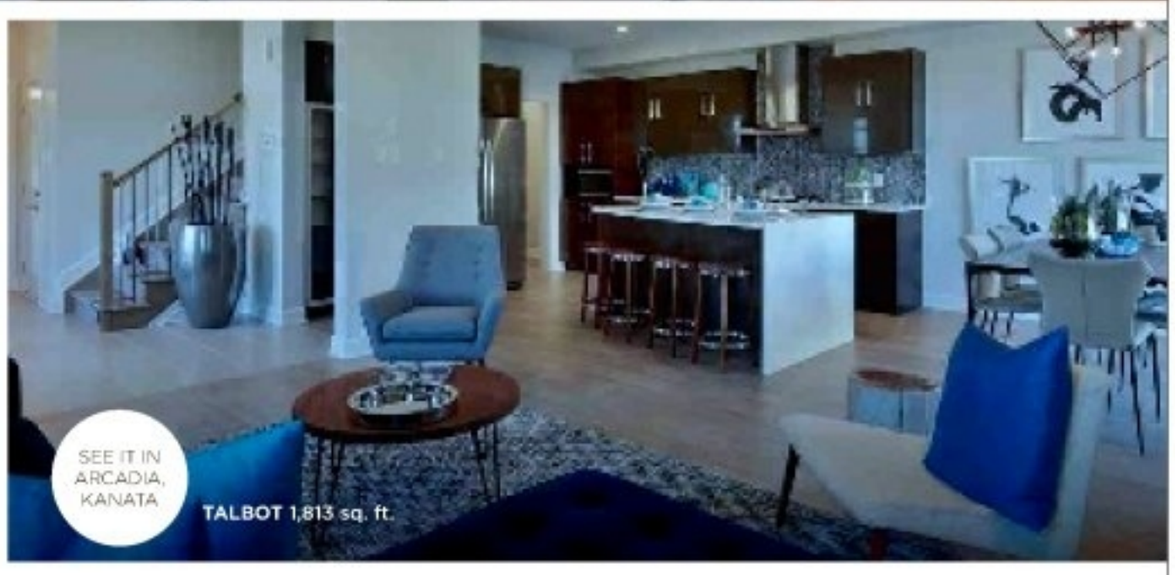


5	6	9	4	1	3	2	8	7
8	4	2	7	5	6	3	9	1
1	7	3	8	2	9	6	4	5
2	1	6	9	8	4	5	7	3
4	5	8	2	3	7	9	1	6
3	9	7	5	6	1	8	2	4
9	3	5	1	4	2	7	6	8
7	8	4	6	9	5	1	3	2
6	2	1	3	7	8	4	5	9

minto

showhomes.minto.com

GET A TASTE FOR
DESIGN & STYLE
MINTO SHOW HOMES
Explore our 30' Show Homes
and find a house to call home
SEE IT IN ARCADIA, KANATA
HYDE 1,683 sq. ft.



Designs are available in these Minto communities

POTTER'S KEY STITTSVILLE

HARMONY BARRHAVEN
COMING SPRING 2017

QUINN'S POINTE BARRHAVEN

AVALON [encore] ORLÉANS

Check out our Show Home galleries online at **showhomes.minto.com**

Take a Show Home tour in one of these Minto communities across the city

Single Family Home + Townhome Show Homes
Avalon Encore, Orléans
2370 Tenth Line Road

Single Family Home Show Homes
Arcadia, Kanata
380 Huntmar Drive